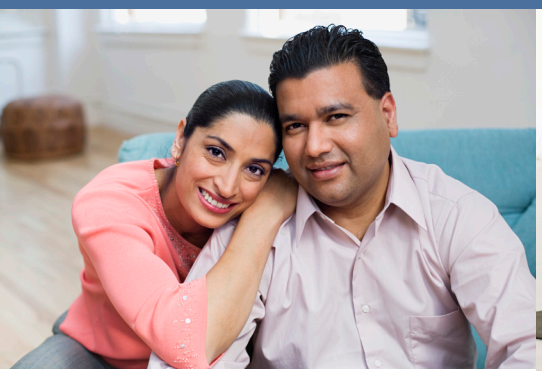
Be Well, Stay Well

Managing stress and pain



Whether it's chronic pain or stress from job pressures, relationship problems or financial difficulties, events in our everyday lives can be difficult to manage. Stress and pain can take a toll on our mood and our bodies, so managing them is an important aspect of overall wellness. The next time you are feeling stressed or in pain, see if one of these techniques works for you.

Think positively

Stress and pain often cause us to think negatively. When you fall into this pattern, realize the negative thoughts you're having and replace them with positive ones. For example, instead of thinking you will never finish all the things you need to accomplish, try making a priority list and set achievable goals for yourself. Then take it one step at a time.

Connect

When you're stressed or in pain, your first instinct may be to be alone. Instead, try reaching out to family and friends. They can be a source of support to you just by listening and offering advice, or they could help you get some things done.

Stay rested

Sleep is often the first thing to suffer when people feel the effects of stress and pain, but sleep affects your mood, energy level and concentration. Skipping out on this important part of your day will affect the rest of it. Before going to bed, clear your head and focus on relaxing. Stick to a consistent sleep schedule, and try to get 8 hours of rest per night.

Get active

Exercise can be a great stress reliever. Try walking, swimming, gardening, or anything else that gets you active to work your body and refocus your mind. Even when you're in pain, staying active within realistic limits can help you remain flexible and strong and reduce your sense of suffering.

You don't have to manage stress or pain alone.
These health resources are available at no cost to you!

The **Employee Assistance Program** (EAP) offers free, confidential, short-term counseling services for you and your family to handle concerns or issues constructively. To access the EAP, call **877-327-2362**.

Get information on stress and pain from the **24/7 Nurse Line and Health Information Library**. If you have chronic pain, you can enroll in **Disease Management Nurse Coaching**. To enroll in Disease Management or access the 24/7 Nurse Line, call **866-244-8977**.

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